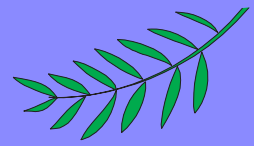


# Head Injury After Care



**M**ost head injuries do not cause serious problems. However, those that do may cause symptoms that develop later when you're at home. For the next 24 hours:

- Do not consume alcohol.
- Consume only small amounts of food and beverage.
- Get plenty of rest.
- Do not take any drugs or medication that make you drowsy, other than those prescribed.

**Your practitioner may want you to have someone stay with you for 24 hours. If so, you should NOT be left alone during this time.**

**Have your companion wake you every 3 hours. She or he will need to set an alarm during sleep times. Your companion should ask you simple questions (e.g., 'What is your name?' 'Where are you?'). Your companion should call 911 if you don't respond.**

**The symptoms we want you and your companion to watch for include:**

- Vomiting
- Mental confusion
- Slurred speech
- Difficulty waking up and feeling alert
- Loss of memory
- Fainting
- Difficulty walking
- Changes in vision or hearing
- Change in the size of the pupils of the eye
- Weakness or numbness of an arm or leg
- Stiff neck
- Increasing severity of headache
- Bleeding or clear liquid drainage from the nose or ears
- Seizures
- Any other symptoms that concern you

**CONTACT HEALTH SERVICES OR CALL 911  
IMMEDIATELY IF ANY OF THE ABOVE SYMPTOMS OCCUR.**



---

## HEALTH SERVICES

(603)862-2856 (during hours of operation)|(603) 862-1530 (after hours)

[www.unh.edu/health-services](http://www.unh.edu/health-services)